

StrollerFit helps keeps new moms in shape

By Jill Rooksberry

Contributor

If you are like most people losing weight and starting an exercise regiment were high on your list of priorities for 2005.

If you're a mom with little ones the idea of being able to maintain a regular workout schedule is a dream akin to achieving world peace or winning the lottery.

Marlisa Isgro of Hyde Park helps mom's realize their dreams of fitness by getting into shape with their kids at her StrollerFit class which meets Mondays, Wednesdays and Fridays from 9 a.m. to 10 a.m. at the Cincinnati Sports Mall on Red Bank Road in Hyde Park.

"I first came to a StrollerFit class as a new mom five years ago and just fell in love with it," Isgro said.

The class caters to the unique physical fitness needs of new moms by incorporating strollers into the workout routine.

"StrollerFit is appropriate for stroller-age kids and for moms at every level of physical fitness. You can adjust your program to fit your own needs," Isgro said.

The StrollerFit workout focuses on building flexibility, cardio endurance and also on strengthening your "Mommy muscles," or the muscles that mom's find themselves using when trying to keep up with their growing kids.

Not only do participants get a

THIS HITS HOME BECAUSE...

Moms from Anderson Township go to this class.

workout, but they also get to socialize with other moms. Any class can turn into a forum in which moms exchange advice from teething to sleeping schedules to the ins and outs of potty training.

Michele Daniker of Linwood has been coming to StrollerFit since the birth of her son, Lucas, four and a half years ago. She now brings her 15-month-old daughter, Kathryn, who loves to interact with the other kids.

"This class is a great way to make friends and to get the babies out of the house and moving," Daniker said. "The social aspect is the key to making it fun."

The class takes on another dimension in the spring and summer months when Isgro strolls outdoors to Ault Park.

There moms get to use steps, benches and hills to vary their workout routine all while the kids get to enjoy being out in nature. After the class many of the moms take their kids up to the swing sets



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In foreground: Kaitlin, 1, and mom, Bena Blakeslee of Hyde Park; back left, Jennifer Donnellan of Anderson Township and, back right, Michelle Gorden, stretch it out at the end of a Strollerfit class at Cincinnati Sports Mall.

where the exercise class turns into an impromptu playgroup.

StrollerFit began here in Cincinnati in 1997 and has since grown to include 16 franchises in four states. The company continues to expand and Entrepreneur has rated StrollerFit one of the top 500 franchises of 2005.

StrollerFit's president Kurt Conrad said he believes it is vital to introduce children to a fit and healthy lifestyle at an early age.

"The kids who attend StrollerFit grow up thinking everyone does this. Exercise becomes a part of their routine and it helps them adopt a good healthy lifestyle," Conrad said.

Isgro offers the first class free so you can come in and see if StrollerFit is the right fit for you. You can visit the StrollerFit Web site at www.strollerfit.com or call 1-800-BABYFIT to learn more about the program.